IN THE CLAIMS

Claim 1 (currently amended): A hand exerciser comprising:

a loop having **cross sections including** a smooth outer periphery **and an outer diameter**; **and**

a plurality of rings each having a hole defined therethrough **, with the hole having an inner diameter generally equal to 1.5 times of the outer diameter of the cross sections of the loop**, **[[and]]** **with** the loop extending through the hole of each ring so that the rings are rotatable relative to the loop**, with the hole of each ring contacting with the loop so as to shake or vibrate the loop and therefore exercising the hands holding the loop**.

Claim 2 (canceled).

Claim 3 (currently amended): The hand exerciser as claimed in claim 1, **wherein the plurality of rings each includes an outer periphery,** wherein the hole **through each of the rings** is eccentrically defined **relative to the outer periphery** ~~through each~~ of the ~~rings~~ **ring**.

Claim 4 (original): The hand exerciser as claimed in claim 1, wherein at least one of the rings has a polygonal outer periphery.

Claim 5 (new): The hand exerciser as claimed in claim 3, wherein at least one of the rings has a polygonal outer periphery.

Claim 6 (new): A hand exerciser comprising:

a loop having cross sections including a smooth outer periphery; and

a plurality of rings each having a hole defined therethrough, with the loop extending through the hole of each ring so that the rings are rotatable relative to the loop, wherein the plurality of rings each includes an outer periphery, wherein the hole through each of the rings is eccentrically defined relative to the outer periphery of the ring.

Claim 7 (new): The hand exerciser as claimed in claim 6, wherein at least one of the rings

has a polygonal outer periphery.

Claim 8 (new): A hand exerciser comprising:

a loop having cross sections including a smooth outer periphery; and

a plurality of rings each having a hole defined therethrough, with the loop extending through the hole of each ring so that the rings are rotatable relative to the loop, wherein at least one of the rings has a polygonal outer periphery.